



UNIVERSITEIT  
iYUNIVESITHI  
STELLENBOSCH  
UNIVERSITY

100  
1918 · 2018

## DIVISION OF FAMILY MEDICINE & PRIMARY CARE

It is hereby certified that

# Toni Kim Shaked

Successfully met the requirements for the

## CERTIFICATE IN MINDFULNESS-BASED INTERVENTIONS

by completing the following modules

Introduction to mindfulness and mindfulness-based interventions

Exploring the core elements of a mindfulness-based intervention

The ground beneath our feet: The foundations of mindfulness

The courage to teach: The person and presence of the teacher

**October 2018**

Dr S Whiteman  
Programme Coordinator

Prof B Mash  
Head of Division

